stoing ith mornig & ⁊ nd a wandring
thought:
troble thy mind, keep from you all ⁊ nought
to think on him & ⁊ thoughts onely fixt
from whom all things hath their origin

Certaine

Godly Rules

Concerning

Christian Practice,

Fit to be obſerved

daily in the lives of all thoſe that would be ſaved.

Gathered out of the

holy Scriptures, for the good of all thoſe which have a purpoſe within themſelves to lead a godly life.

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Certaine GODLY RVLES Concerning *Christian Practice.*

1 EVery morning ſo ſoon as thou awakeſt, remember the Lord early in thy bed, & let thy ſoul ſend by the wing of Faith, a thankſgiving as the firſt fruit of the morning: let this be done upon the inſtant of thy waking, before thy ſoule be ſtained with ſinne: See therefore thou obſerve and doe this: For them that honour me, I will honour ſaith the Lord. Pſal. 63. 45. 6. Pal. 50. 23. 1 Sam. 2. 30.

2 Being now risen out of thy bed, make haste to offer unto God thy morning sacrifice of Prayer, and thanksgiving (with this care that no one of thy family be wanting.) In which Sacrifice remember thou
1 Thes. 5. give hearty thanks to God for all his mercies and benefits bestowed on thee, whether Spirituall or Temporall, and forget not to bee thankfull for thy late preservation this night past: and making an humble confession of all thy sinnes, see thou sorrow for them: and if thou canst not sorrow, be troubled then in spirit with grief, because thou
Heb. 10. 32. canst not mourn. And after an earnest desire of pardon, aske those necessaries fervently, which are requisite either for thy soule or body; as also desire a blessing upon thy labours the day following. And having made an end of this thy duty, see thou rise up in the assurance of Faith, that God for his Christs sake hath accepted of thy sacrifices, and hath put away all thine offen-

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ces: stand then, and hold thee still by Faith, For without Faith, it is impossible to please God. Heb.11.6.

☞ 3 In what place soever thou art, be fully perswaded in thy mind, that thou art in the presence of the living God: let the remembrance hereof work in thee reverence to his Majesty, love to his Children, and feare of offending. Ier.23.24 Pro.15.3. 2 Cor.2. 17. Act.13.33

4 Make conscience of idle, vain, unhonest, and ungodly thoughts; for these are the roots whence sinne hath its first being, for which cause suffer not these to grow in the garden of thy soules Paradise, but speedily pluck them forth, that so God may delight to rest and walk in thee not onely at Even-tide, but all the dayes of thy life: See therefore no care be lacking to prevent sinne before it come to action: for wicked thoughts were a cause, that the wrath of God came upon the children of disobedience. Deut.4.12 Ier.4.14. Mar.7. 21.22.23. Gen.6. 5.6.7

5 Be fully perſwaded in mind that thy preſent eſtate is beſt for thee, whether proſperity or adverſity whether poore or rich, becauſe it is of the good providence of God, and without his will nothing befalleth his children, let this be the ſtaffe of thy ſoule, lean thou ſtill on the Lord by Faith. For he hath ſaid, I will never leave thee, nor forſake thee.

Luk. 12. 22. 23. 24.
Mat. 10. 29. 30. 31.
Heb. 13. 5, 6.

6 put away jeſting, with fooliſh talking, remembring this thou keep thy tongue from evil, and thy lips, that they ſpeake no guile, for in many words there cannot want ſinne; therefore to refraine is diſcretion: and when thou ſpeakeſt, to ſpeak the truth is wiſedome, for death and life are in the power of the tongue: and they that love it ſhall eate the fruit thereof; for by thy words thou ſhalt be juſtified, and by thy words thou ſhalt be condemned.

Eph. 5. 4.
Pſal. 34. 12. 13.
Prov. 10. 19. and 17. 27. & 18. 21.
Iames 3.
Matt. 12. 36.

☞ 7 Endeavour to have fervent love. for the gift thereof is sweet. it covereth a multitude of sinnes: for this cause love thine enemy. for so thou art commanded, and if he wrong thee, wrong not thy self by revenging, (for it is written, Vengeance is mine, and I will repay saith the Lord: learn therefore and observe that to hurt thine enemy is to do him good, and in so doing thou shalt heap coals of fire upon his head; Be not therefore overcome of evill, but overcome evill with goodnesse. 1 Pet. 4. 8. 1 John 4. 7. 8. Mat. 5. 43. 44. 45. Rom. 12. 14. 17. 18. 19. 20. 21.

8 Take heed of Anger, for it causeth strife: a soft answer appeaseth wrath: For as a fire (mans nature if thou blow it, it will kindle, but if thou spit on it, it shall be quenched: but if patter[illegible] wanting, this fire will flam[illegible] seek peace then with all men, if possibly thou canst for change of words gendreth strife: therefore silence as water) is fittest for this heat: for note the wrath of man doth not accomplish Eccle. 28. 12. Prov. 14. 29.

the

the righteousnesse of God,

Heb.13. 16. 9 To do good and to distribute forget not, for with such sacrifice God is well pleased. Wherefore

Rom.12. 13. stop not thine eare at the crie of the poore, lest thou likwise crie, and God will not heare, and when thou

Pro.21. 13. doest good remember this, use no

Pro.17.5. discomfortable words, neither rasling speeches (as the manner of some is:) for judge ye, is not a

Eccle.18. 14.16.17. good word more acceptable then a great gift? and a gracious man giveth them both, but a foole reproveth charitie. y forgetting this whatsoever you would that men should do to you, even so do yee to them, for this, is the Law and the

Mat.7.12. Prophets.

☞ To be constant in words and conversation of life, thou become a

Pro.15.16 president for others to imitate; let this be done without hypocrisie, and

Psal.3.37 forget not in all things to keep a good conscience, for this will bring a man peace at the last. 11 Pra-

11 Practise in thy life true humility, for God resisteth the proud and giveth grace to the humble. For what have we which we have not received? Oh what is dust that we should be proud? Learn therefore meeknes by the example of our Saviour Christ, who though he were God, yet took he upon him the shape of a servant, in which form he said learn yee of mee that I am meeke and lowly in heart. 1 Pet.5.5. Iam.1.16. 17. Phil.2.7. 8. Mar.11 29.

12 If at any time a good motion do rise in thy mind suffer it not to go forth unblowed, but cherish it either by reading meditating or praying, for this is a spark of Gods grace now the means to make this spark become a fire, is chiefly Prayer. Rev.3.20. Cant.5.4. 5.9. 2 Cor.3.5. 1 Thes. 5. 19.

13 Whensoever thou fallest into a sinne, speedily recover thy selfe againe by repentance, and lie not therein with the dead, but rise again Eph.4.26. 27. Heb.3.12. 13.14.

by

by Faith in Christ as being alive to God.

Eccle.7. 36. Deut.32. 29. Psal.39.4. Mar.13. 35.36.

14 Whatsoever thou takest in hand remember thine end so shalt thou never do amisse, if at all times thou esteeme the day of thy life, as the day of thy death: for there is nothing so certain as it, and there is nothing so uncertaine as the time of it: be therefore sober and watching, that Christ at his coming may find thee waking; and for thy better watch let this sound be alwayes in thine eares: Arise yee dead, and come forth to Judgment.

Exod.20. 8.and 31. 14.15. 16.17. & 35.2.3. Mat.25. 34.35.36. Ier.4.14.

15 So spend the Sabbath all thy life, that thy soule at death may rest in blisse: no worke therein see thou doe save workes of honour approved by that day, as to feed the hungry, cloath the naked, visit the sick, comfort the afflicted: doe this, and thy Soule shall live. Have a care thou tast from sinne,

for

for holines becometh the Day, as well in thoughts as in word, as well in word as in action, and thinke it not enough that your selfe can doe thus, but also have a care that your Family be like minded, together heare the word with reverence, pray publickly and privately, spend the day in holy conference: and let thy soule swimme in heavenly meditations; so shalt thou never be alone, for God is with thee

Ier. 17. 21 22. 23.

Neh. 13. 15. 16. 17. 18. 19.

16 The night being come, call thy selfe to an account, how thou hast spent the day past, thy misdoing repent with this resolution in thy selfe to spend the remainder of thy life after a better manner, and with a better conscience) then heretofore thou hast done: let this be the whole course of thy life, and forget not to be thankfull to God for those good duties, which by his assistance thou hast performed the day past.

Prov. 28. 13. 14.

☞ 17 Sleepe not at night, before thou hast commended thy selfe (and thy whole Familie) by prayer into the hands of God. and that not lazily upon thy bed, (as the manner of some is :) But humble thou thy Soule before the Lord, kneling meekly on thy knees. having our Saviour Christ for an example. that not onely in this, but in all things else we may be found followers of him) for what knowest thou (if being fallen asleepe) whether ever thou shalt rise againe to life or not? take heed therefore, for as the tree falleth, so it lieth; as death leaves thee, so shall judgement find thee.

Mat. 26. 39.

Eccle. 11. 3. 9. and 12. 14. 14.

☞ 18 Walk as the Children of light, and passe the time of your dwelling here in feare, knowing that the day of the Lord will come as a theefe in the night, in the which the heavens shall passe away with a noise, and the Element shall melt with heat, and the earth with the works

Eph. 5. 8.

1 Pet. 1. 17.

2 Pet. 3. 10. 11.

works therein, shall be burnt up.
Seeing therefore that all these Mar.24.
things must be dissolved, what man- 42.
ner of persons ought we to be in holy Mar.13.
conversation and godliness? For we 33.
know not the time neither the houre
when our Lord will come: be yee
therefore sober: Watch and pray,
(and blessed is that servant
whom his master at his co- Mar.24.
ming, shall find so do- 46. and
ing) now those 13. 47.
things that I say
unto you, I
say unto
all men,
Watch.

I. D.

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